

Oral Health

Dental and oral diseases restrict activities in school, work, and home, and often diminish the quality of life. New research continues to point to associations between chronic oral infections and premature births, stroke, heart and lung diseases, diabetes, osteoporosis, and obesity. The goal is to work collectively as health and dental providers to convey messages that link oral health to overall health and well being and, through collaboration, provide an integrated approach to disease management.

- 88% of all Lancaster County adults have a family dentist. However, respondents who had an income below \$20,000 were less likely to have a family dentist (61.1%) than those with an income more than \$20,000 (92.4%).
- 59% of individuals with a family dentist had been told that poor oral health can harm your overall health.
- 79% of children under age 18 had their teeth cleaned and examined by a dentist or dental hygienist in the past year. 66% of those surveyed with children had been told that sealants provided major protection against cavities in children.

Environmental Public Health

Exposure to hazardous materials happens more often than many of us realize. The health risks created by hazardous materials range from birth defects to childhood poisoning to chronic diseases, such as cancer. Participation in recycling is a good measure of people’s concern for our environment.

- When buying cleaners, paints, or pesticides, 14% always read the label in order to buy the least toxic product.
- When comparing two different cleaners, 69% correctly chose the one with the word “caution” rather than “warning” on the label, as the least toxic option.
- 60% recycled aluminum cans, but about 1/3 recycled glass, tin cans, and cardboard.



PUBLIC HEALTH Every One. Every Day. Every Where.



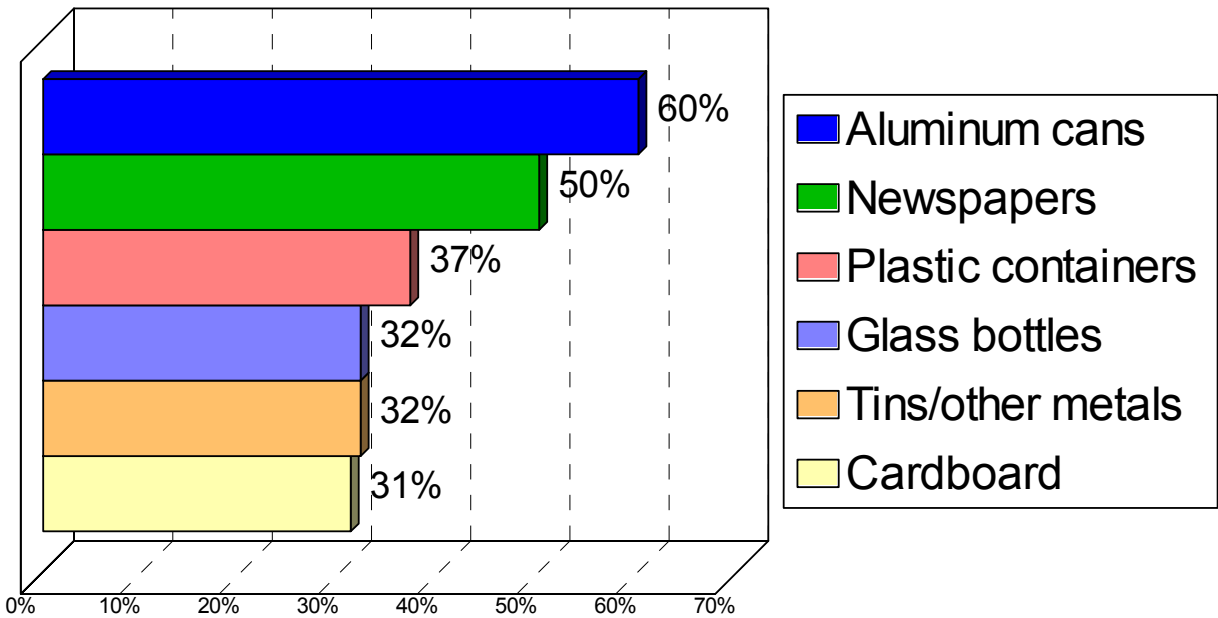
Community Health Survey
Lincoln and Lancaster County, Nebraska

One thousand residents of Lancaster County completed a 12-minute telephone interview during November 2003. All respondents were randomly selected and at least 18 years old. Among these respondents, 47% were male and 53% were female. Forty percent of the households had one or more children under 18 years.

Quality of Life

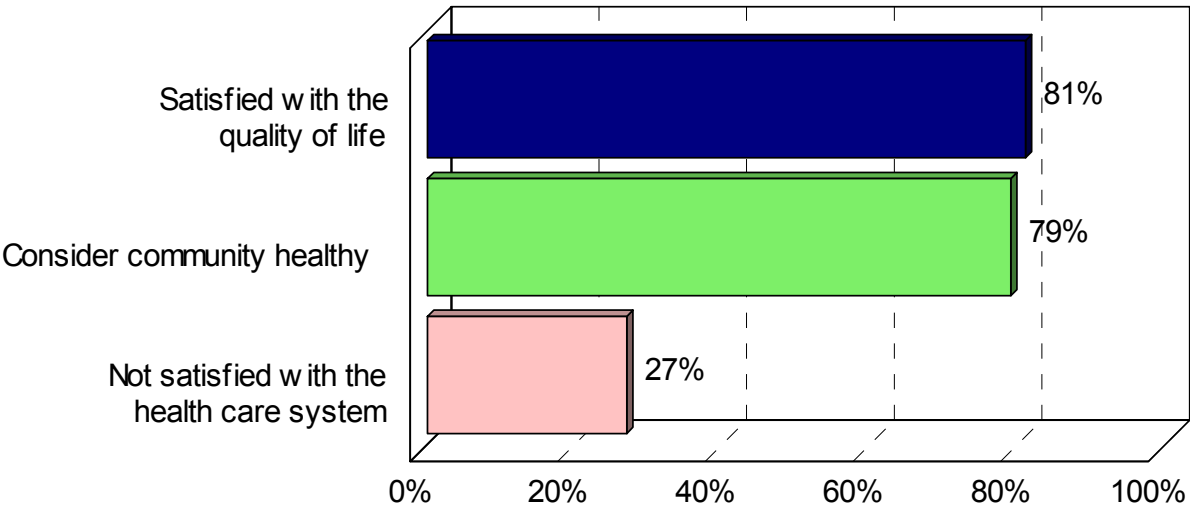
A healthy community is made up of individual, social, economic and environmental factors. Each factor has the capacity to affect the quality of our lives and our sense of well-being.

Recycling Practices in Lancaster County



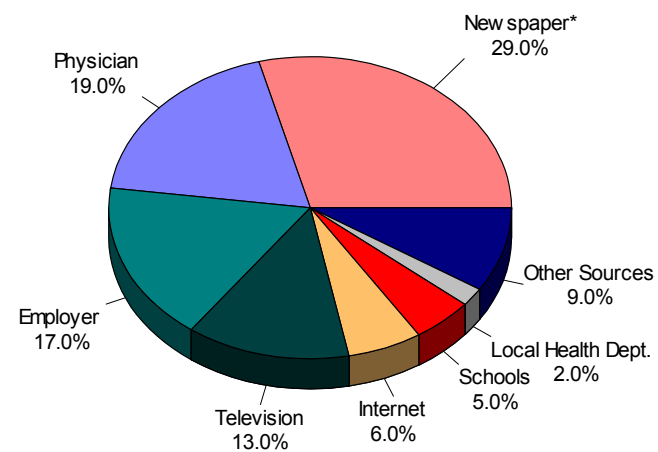
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Perception of Lancaster County Residents



Lincoln-Lancaster County Health Department

Where Would You Go For Information About Safety & Injury Prevention



*Newspapers/Other Printed Materials

Source: Lancaster County Community Survey
Lincoln-Lancaster County Health Department

Talking with Health Care Providers

Developing a positive client-health care provider relationship is important to both parties. It is likely that a client is more willing to act on the recommendations of a known and trusted health care provider than those given by a provider with whom no relationship has been formed.

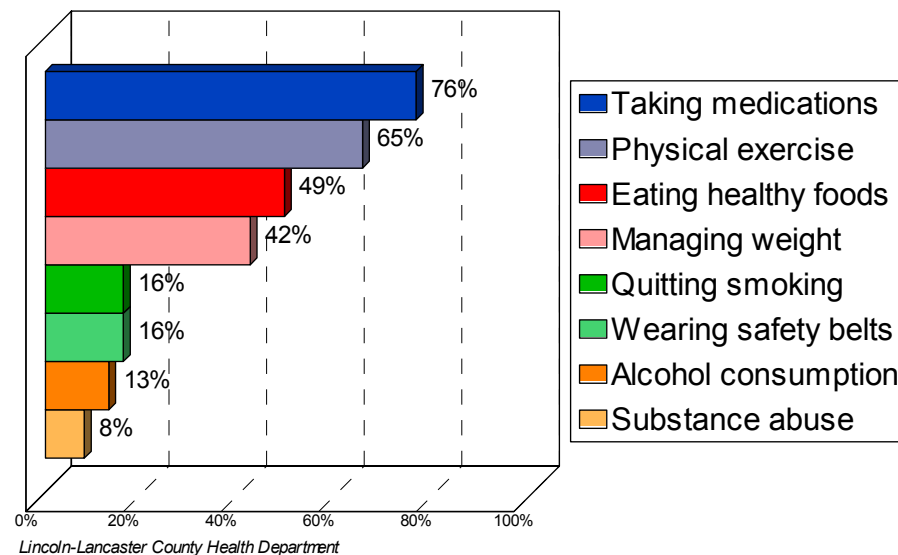
- More women (87%) than men (67%) visited their health care provider in the past year.

Health Protecting Behaviors

Good health is important to everyone. Our personal behaviors affect our health and our quality of life.

- Only 46% of Lancaster County adults participated in physical activity that lasted 30 minutes or more at least five days per week.
- 63% reported always washing hands before preparing food.
- Only 32% had certification in basic first-aid.

My Health Care Provider Talked to Me About:



Lincoln-Lancaster County Health Department

Alcohol & Substance Abuse & Mental Health

The relationship between mental and physical health is a key factor in overall health and well-being. Individuals experiencing mental health problems are less likely to follow treatment regimens for physical health problems, more likely to have increased alcohol and tobacco use, and less likely to practice positive health behaviors including regular exercise, adequate sleep, and healthy eating.

Based on the data provided in the survey, residents of Lancaster County know where to go for emergency help for drug, alcohol, or mental health problems, however, there is no indication whether or not the care sought is matched with the right level of care.

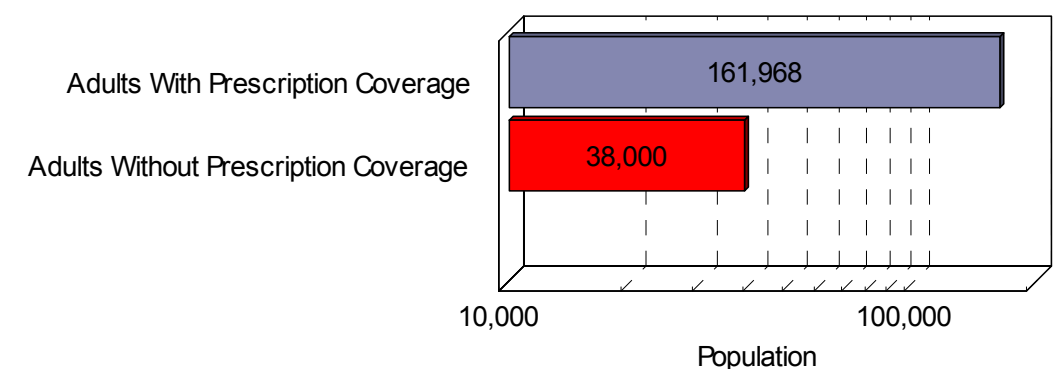
- When asked to judge their mental health status, 45% of the respondents judged it “Excellent” while 35% judged it “Very good”.
- Of those adults who needed care for mental health problems, 11% did not get any care when they tried to get it, and an additional 3% needed care but did not get it.
- 25% of those who felt they needed help for alcohol and substance problems did not get it; an additional 19% needed care but did not try to get it.
- BryanLGH West was the resource of choice for those who needed emergency help for alcohol, substance and mental health problems.
- Half of this sample would ask a doctor for information about alcohol, substance, or mental health problems; 18% would consult the internet.

Prescription Medication

A chapter of the Healthy People 2010 document for Lincoln and Lancaster County is devoted to Access to Care. “Access to Care” evaluates areas such as health insurance coverage, availability of providers, location of health care facilities, and availability of services for all populations. Healthy People 2010 did not provide any information on prescription coverage by health insurance. The survey presented here, found that approximately 38,000 people in Lancaster County are without prescription coverage.

- 19% percent of the survey respondents did not have any health care plan that covered some prescription medication costs.
- Of those with drug prescription insurance, only 3% had plans that covered full costs.
- On average, women spent more per month on prescription medications (\$50) than men (\$37). Older people spent more than younger people.

Prescription Medication



Lincoln-Lancaster County Health Department